
Max Effort - Lower Body Cycle 1

1. Deadlift (MAX EFFORT)
 2. Full Front Squat (3*5)
 3. Glute-Ham Raise (3*8)
 4. Barbell Lunges (2*10-8)
 5. Cable Pull Through (3*15-10)
 6. Cable Crunch (3*15-10)
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Max Effort - Lower Body Cycle 2

1. Squat (MAX EFFORT)
 2. Rackpull (3*5)
 3. Dumbbell Lunges (2*8)
 4. Stiff Legged Deadlift (3*10-8)
 5. Hyperextensions (3*15-10)
 6. Leg Raise (3*15-10)
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Max Effort - Upper Body Cycle 1

1. Benchpress (MAX EFFORT)
 2. Military Press (3*5)
 3. Weighted Chinups (5*5)
 4. Dumbbell Rows (2*12-8)
 5. Pushdowns (3*15-8)
 - 6A. SS - Side Raise (2*12-8)
 - 6B. SS - Dumbbell Shrugs (2*15-10)
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Max Effort - Upper Body Cycle 2

1. Incline Bench Press (MAX EFFORT)
 2. Pandlay Row (5*5)
 3. Dumbbell Shoulder Press (3*5)
 4. Underhand Chinups (2*12-8)
 5. Dumbbell Extensions (3*15-8)
 - 6A. SS - Side Raise (2*12-8)
 - 6B. SS - Barbell Shrugs (2*15-10)
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Dynamic Effort - Lower Body Cycle 1

1. SPEED Pulls (10*2)
 2. Good Mornings (5*5)
 3. Standing Calve Raise (3*15-8)
 4. Leg Extensions (3*15-12)
 5. Leg Curls (3*15-12)
 6. Side Bends (3*12-8)
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Dynamic Effort - Lower Body Cycle 2

1. SPEED Box Squat (10*2)
 2. Good Mornings (5*5)
 3. Single Leg Calve Raise (3*15-8)
 4. Single Leg Curl (3*15-12)
 5. Single Leg Extensions (3*15-12)
 6. Ab Machine (3*12-8)
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Dynamic Effort - Upper Body Cycle 1

1. SPEED Bench Press (8*3)
 2. Incline Dumbbell Press (3*8)
 3. Wide Grip Bench Press (3*10-8)
 4. Board Presses (3*5)
 5. Bent Over Row (3*12-6)
 6. Rear Lateral Raise (3*12-8)
 7. Biceps Barbell Curl (3*12-8)
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Dynamic Effort - Upper Body Cycle 2

1. SPEED Bench Press (8*3)
 2. Dumbbell Bench Press (3*8)
 3. Incline Dumbbell Fly (3*10-8)
 4. Close Grip Bench Press (3*5)
 5. T-Bar Row (3*12-6)
 6. Face Pulls (3*12-8)
 7. Biceps Dumbbell Curl (3*12-8)
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